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# Anji inc.

Take Charge of Your Health

## A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

July 2006

### in this issue

- [Just the Facts! Step 4 - Reconnect](#)
- [Meditation and EFT to support the Meditation](#)

Dear Jennifer,

This is the fourth and final article in a four part series that will talk about the fundamentals of creating A Place of Peace (*use the links at the end of this newsletter to learn why this is a MUST for fertility, pregnancy after infertility, and women's health*).

At the end of the series, you will have my blueprint for creating emotional and physical health and wellness.

The final step? **RECONNECT**

Have a great month!

Warmly,

Jennifer

*Just the Facts! Step 4 - Reconnect*

*First, a short review: The Anji system for creating **A Place of Peace** teaches you a simple 4-Step process. When you are finished, you will have an entire tool box of skills which will put you in control of your physical and emotional health. The 4 step process is:*

**Relax**  
**Release**  
**Renew**  
**Reconnect**

This month's newsletter is all about Step 4: Reconnect

As you worked your way through the first three steps you learned how to relax your mind and body, how to let go of thoughts, beliefs and emotions that no longer served you, and how to fill back up with thoughts, beliefs, and emotions that DO support you.

You may have found that as you worked on filling back up that you discovered more that needed to be released! I would expect that you would go back and forth between Release and Renew several times for each issue that you work on.

So what's left?

Committing to put all that you've learned into daily practice and to continue to use the steps during the day-to-day life stressors that ALWAYS creep up. This final step is about figuring out how to keep from getting to the end of your rope again and again and again.

This is truly the hard part about this process. That is, remembering to use these new tools instead of lapsing back into old patterns and thoughts.

But, that really is par for the course. I am not here to claim that once you have done my process that you will automatically be happy forever. This is not life.

But, what I am here to say, is that with these steps you will always have the tools that put YOU in charge of moving from whatever life throws you to figuring out how to be happy.

Following these steps WILL ensure that you have fewer occasions when life does throw you curve balls. You will find yourself less and less and less affected by what others are doing and saying and MORE and MORE in charge of your own thoughts and feelings.

So, in order to make this a part of your daily life, the trick is to DO the work! Take yourself through each step on a regular basis. When you are feeling low or like life is getting out of control, notice what is truth and what you can RELEASE.

Can't figure it out? Take time to RELAX - open up your body and mind and allow the answer to come to you.

What do you want instead? RENEW yourself with new thoughts and feelings about the situation.

Finally, use these tools to RECONNECT and to help keep the lows from being too low.

### **Tool #1 - Daily Routine**

Take some time to evaluate which of the tools you have really enjoyed and those that have been the most helpful to you.

Many of these tools work even better proactively - that is BEFORE you are experiencing sadness or physical health challenges.

Make a commitment to doing at least one tool everyday. This will keep you ahead of

the next breakdown, instead of reacting to it!

### **Tool #2 - Surround yourself with allies**

As you know very well, I am sure, there are people who move you in the direction that you want to go....and then there are people who hold you back. They aren't necessarily holding you back from a conscious stand point, but they have a difficult time with you being anything other than what they are comfortable with.

Caroline Myss says, "We evolve at the rate of the tribe we are plugged into" - that is, you are most like the people you surround yourself with.

Now, I am not recommending that you dump all of your friends and family! But, make sure that you are continually plugged into resources that will support you in your new way of thinking and caring for yourself.

### **Tool #3 - See the perfection of TODAY**

You will ALWAYS have more that you want. ALWAYS.

The trick is, though, to be comfortable in knowing that there will always be more that you want AND being comfortable with where you are.

The more time that you spend being upset about what you want but do not have, the farther away what you want gets.

When you can honestly say that you are comfortable where you are and in gentle expectation and belief about what's coming, that's when you will have true peace.

Peace

That is what these four steps are designed to give you: a blueprint for creating peace.

When you can follow these steps and create a sense of peace no matter what you have going on around you - even if it's only for part of the time - you WILL achieve control of your physical and emotional health.

## *Meditation and EFT to support the Meditation*

Have you heard the story about the farmer who was able to lift his 500 lb cow over the fence?

When asked how he did it, he responded, "I started when she was just a baby. Every day, I lifted her over the fence. And now, I still can."

Taking care of your emotions, thoughts, and beliefs on a daily basis will ALLOW you to deal with the 500lb problem that presents itself to you.

You will be so good at handling issues that when the big ones come along, they will be as easy to handle as the small ones.

Close your eyes and allow yourself to think of an issue that you have going on in your life right now. If you allow yourself to work back in time, following the thread of the emotions, how would it be different if you were using daily tools to work with emotions, thoughts and feelings?

What do you have starting in your daily life that would respond well to this daily approach?

EFT to support Step 4: Reconnect

Even though it's hard to imagine being able to devote enough time for this program to really work, I deeply and completely love and accept myself.

Even though I don't really believe that I can ultimately have control over my own physical and emotional health, I deeply and completely love and accept myself.

Even though I am bad at doing a daily routine, I deeply and completely love and accept myself.

Tapping in Affirmations

I am giving myself all the time I need to take care of myself  
I understand that taking a small amount of time each day gives me time in the long run  
I am open to true peace  
I am satisfied with where I am today  
I am gently excited about what's to come

[Tapping Points and EFT Explanation](#)

### *Quick Links...*

- [Ceate Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)

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